S
613.705
M26Mjh
fall
1983

PLEASE RETURN

MONTANA

ASSOCIATION FOR HEALTH - PHYSICAL EDUCATION - RECREATION AND DANCE

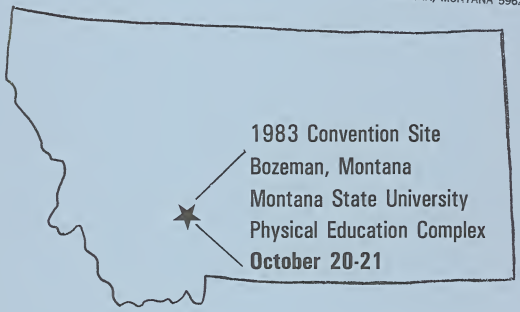
MAHPERD

STATE DOCUMENTS COLLECTION

DEC 12 1986

MONTANA STATE LIBRARY
1515 E. 6th AVE.
HELENA, MONTANA 59620

Fall 1983



March 1-7, 1984, National Physical Education and Sports Week

MAHPERD President: Herb Agocs, MSU
Newsletter Editor: Spencer Sartorius, OPI

JOURNAL

Montana State Library
3 0864 1006 2595 6

Montana Association for Health, Phys ...tion and Dance

EXECUTIVE BOARD, 1983-84

Position	Name	School/Phone
President	Herb Agocs	HPER Department Montana State University Bozeman 59717 (994-4001)
President Elect	Glenn Iverson	HPE Department Eastern Montana College Billings 59101 (657-2397)
Past President/ PEPI	Emilee DeKam	Physical Education Department Helena Middle School 1025 North Rodney Helena 59604 (442-5720)
Secretary/ Treasurer	Helen Chrest	Helena High School 1300 Billings Ave. Helena 59604 (442-8090)
Chairperson/Dance	Julie Dasinger	910 11th St. S.W. Sidney 59270 (482-4755)
Chairperson Health & Safety/ Jump Rope for Heart Coordinator	Dianne Cromer	C.R. Anderson Middle School 1200 Knight Helena 59604 (442-4101)
Chairperson Recreation	Tom Nielson	HPE Department Northern Montana College Havre 59501 (265-7821)
Supervisor of Health, Physical Education— Publications Representative and Newsletter Editor	Spencer Sartorius	Health & Physical Education Office of Public Instruction Helena 59620 (449-2086 or hotline 1-800-332-3402)
Chairperson Athletics	Gary Davis	P.E. Department Great Falls High School Great Falls 59403 (791-2169)
Historian	Frank Reich	Supervisor, Physical Education Missoula School District 1 Missoula 59801 (728-4000)
Student Representative Advisor	Gary Evans	Department HPER Montana State University Bozeman 59717 (994-4001)
Chairperson Physical Education	Robert Docktor	Helena High School 1300 Billings Ave. Helena 59604 (442-8090)

BJ15583

From the State Supervisor

Another summer has come to an end and the hectic school opening activities have begun. If your summer was like mine, it was hectic also. We had four weeks of Outdoor Education Workshops conducted with Western Montana College at Birch Creek Camp in the Pioneer Mountains out of Dillon. We had over 100 teachers attend from all over Montana plus five other states. Also, we held our first Summer Physical Management Seminar (also at Birch Creek Camp) which lasted five days.

The Physical Management program appears to be really taking off and we are now in the process of getting ready to try for *national validation!* Eileen Solberg is heading up the project and if you are interested, please get in touch with her. I have included a project description in this newsletter.

I would like to congratulate Bob Docktor, Helena High School, for being named Montana Secondary School Physical Educator of the Year last year and then being honored as Northwest District's Teacher of the Year. Bob was also honored at last year's National Convention in Minneapolis. With Bob in Minneapolis was Terry Peterson, Froid High School, who was honored as Northwest District Athletic Director of the Year. Congratulations on your awards and on your representation of Montana.

The State Convention will be held in Bozeman at MSU during Teachers' Convention, October 20-21, and looks to be the best yet. Herb and his Executive Board have been working for a year to make this the "meeting of the year" for professionals in health, physical education, recreation and dance. A program outline is included in this newsletter.

The 1984 Northwest District Convention will be held in conjunction with the Olympic Scientific Congress between July 19 and 23. It will be held at the University of Oregon in Eugene and is the premier "event of the century" in our field. There will be national conventions from fields like the Anthropology of Play, Sport Sociology, Sport Psychology, Sport History, Sport Philosophy, Sport Pedagogy, Sport Information, Sports Medicine, Sports Management, Dance, and the United States Sports Academy. I have included an informational brochure with an information report for those of you who are interested.

The dates for next year's Outdoor Education Workshops at Birch Creek Camp have been set:

July 8-14, 1984—Outdoor Education—Elementary
July 15-21, 1984—Outdoor Education—Secondary
July 22-27, 1984—Outdoor Education—Advanced
July 29-August 4, 1984—Outdoor Education—Backpacking

For more information on those workshops, contact me or the Director of Summer Session, Western Montana College, Dillon 59725.

—Spencer Sartorius

Physical Management

. . . an adaptive physical education program designed to meet the needs of overweight students.

Program Director
Eileen Solberg
2025 32nd St. S.
Great Falls, MT 59405
(406) 791-2169

State Supervisor of Physical Education
Spencer Sartorius, PE Specialist
Office of Public Instruction
Helena, MT 59620
1-800-332-3402 or (406) 449-2086

Traditionally, the overweight student has been tolerated, ignored, or even inadvertently humiliated in physical education classes. Unfortunately, these students who are most in need of "physical education" are those who resolve never to set foot in another PE class once they complete the state's minimum requirement for credits.

Physical Management removes the embarrassment of failure from the overweight student by structuring a class where they need not compete with or be compared to athletes and normal-weight students. Participants are permitted to substitute Physical Management for the state-required Physical Education, or to earn elective credit for the class. Course content is relevant and valuable to the special needs of the overweight student . . .Nutrition Education, Behavioral Modification, Physical Conditioning, and Self-Concept skills are learned and practiced to enable students to reverse the discouraging cycle of their obesity.

Physical Management was developed in 1979 at Great Falls High School. The program received initial funding from a Title IV-C grant, and in 1981 received Title IV-C State Validation as a Demonstration Project.

Since that time, the Office of Public Instruction has conducted regional training workshops involving over 20 Montana schools. Participants have included physical educators, health educators, counselors, school nurses, home economics teachers, and school foods personnel.

Interest in this type of program has been tremendous from parents, school administrators, teachers, students, and even physicians.

The Physical Management program can be established at virtually no cost to a school district, beyond the initial training for instructors. Training workshops may be arranged by contacting the persons listed above. All necessary materials and testing skills are provided to workshop participants.

Program Components

Behavioral Modification is intended to make students aware of the poor eating and exercise habits which may have led to their current obesity and to replace those habits with better ones, which will lead to weight control and maintenance. Situational management techniques are taught which allow the student to deal appropriately with the food cues encountered in their individual environments.

Physical Conditioning starts with an evaluation of body composition and determination of fitness level. The conditioning program is geared toward the development of flexibility, strength, and cardiorespiratory endurance. Students participate four days a week in a form of aerobic exercise during class, and continue with a self-monitored exercise program on weekends.

Nutrition Education involves students in a "food exchange" plan from which they learn proper food group selection, portion control, and caloric density of foods. This method of nutrition education prevents the use of potentially dangerous "fad diets" and allows the student to see a slow, consistent rate of weight loss.

Self-Concept encourages overweight students to challenge the negative images they may have of themselves as unattractive, lazy, and lacking self-control. Through the use of assertiveness training, goal-setting, and social skills development, students are able to experiment and practice appropriate behavior in a safe and accepting environment.

These four techniques of weight control provide a comprehensive and humanistic approach to dealing with the entire problem of obesity, rather than treating only the symptoms.

JUMP ROPE FOR HEART

American Heart Association

"RESEARCHING THE BALANCED HEART"

Have you given thought to how many issues of our lives revolve around the heart? Much is being said today about the physical conditioning of the heart, but perhaps one should consider some other factors concerning a healthy heart.

Noted cardiologist Paul Dudley White has stated "Mental and spiritual fitness, both dependent on a good brain, are greatly enhanced by optimal physical fitness. Body, mind and soul are inextricabably woven together, and whatever helps or hurts any one of these three sides of the whole man helps or hurts the other two."

Physical fitness is one key factor in decreasing heart disease. The benefits of regular vigorous exercise are numerous. Just to name a few:

1. Blood pressure is lowered
2. Resting heart rate is lowered
3. Cardiac output is increased
4. Blood fats are decreased
5. Adrenal secretion in response to emotional stress is lowered
6. Number of red blood cells are increased

As long as one can maintain a correct perspective of a regular exercise program, even on a competitive basis, they will benefit and enjoy the energy they are expending. If one becomes too competitive and goes beyond their limits subjecting themselves to stress again they may have the very heart attack they were originally trying to avoid.

To start a regular fitness program into one's busy week means to change or modify their lifestyle. Before commencement of such a change in one's life, much mental preparation is required because making transitions are not always easy, but some times very necessary to save lives.

Physical activity is being used as a device to sedate anxiety caused by our emotions. Several researchers support the idea that "action absorbs anxiety." Many will attest to the sense of the feeling of well-being after physical exercise. Our thoughts create our emotions and affect our behavior. Some quotes worth noting on this subject are as follows:

> The Greek philosopher of the first century, Epictetus, has stated, "men are disturbed, not by things, but by the views they take of them." This viewpoint goes back even further as being said by Solomon in Proverbs, "for as he thinketh in his heart, so is he." And, it was written in the classic De Motu Cordis in 1628 by William Harvey stating, "every affection of the mind that is attended with either pain or pleasure, hope or fear, is the cause of an agitation whose influence extends to the heart."

Our mental outlook on happenings around us can cause much emotional pain and in turn may be a major factor of heart disease. From epidemicological studies, which have examined the behavioral and psychological variables it has been concluded that there is a risk for both heart attack and hypertension. One example of this is in the research which connects depression, psychophysiological complaints, anxiety, emotional drain, feeling of dissatisfaction and strife with other people as a cause of angina pectoris (chest pains cause by lack of blood to the heart).

Perhaps then, in addition to physical exercise as a way of dealing with emotional stress, one should not harden his attitude or harden his heart, but remain flexible enough to look at something from another viewpoint. It is what we believe about what is occurring that affects our behavior. Changing one's outlook on events surrounding him and changing his behavior in order to reduce anxiety has to come from within a person. To change one's attitude is to change one's heart, so to speak. This is the spiritual part of man, his belief system and his values. Living up to one's values or not living them may cause stress due to the conviction of his conscience and his heart. As Solomon so wisely stated, "A merry heart maketh a cheerful countenance, but by sorrow of the heart the spirit is broken." What causes sorrow in our hearts and breaks our spirit varies for each and every person. Statistics show that heart disease is the number one cause of death in our nation. These deaths may be attributed to a lack of harmony in one of these areas discussed or all three. The heart is definitely affected physically, mentally, and spiritually. To have a balance of these three areas will result in a healthy and joyful heart. Again quoting from Proverbs, "a cheerful heart does good like medicine, but a broken spirit makes one sick." Therefore, the heart can affect a person physically, mentally and spiritually.

In the last half century much laboratory documentation has been done on the physical and emotional areas and their effects on the heart. Results of the research indicate that physicians need to pay more attention to the area of emotional problems in coronary heart disease. Research is limited on the spirituality or beliefs of man and the effects on the heart. Utilizing the skills of psychologists, psychiatrists, ministers and other counselors to work up a comprehensive prevention, intervention and treatment program is needed.

The medical society has discovered much about heart disease and stroke, but more research is needed to help save lives. The need for educating the public about the results of past, present and future studies is very important. The information has saved lives and will prevent untold thousands of deaths just by public awareness. As educators and other professionals, we can assist in helping with this great endeavor to save lives by supporting the American Heart Associaton. JUMP ROPE FOR HEART is a very successful project to help raise general funds for needed research and for educating our students and the general public. Everyone reaps benefits by the giving of a little of our time (body, mind and soul) to the project. You will personally be very rewarded by your involvement.

Please register today as an earlybird with the Montana Heart Association and receive one dozen new jump ropes. The project generates a very positive image of our health and physical education programs in our communities. The educational materials available to us by the American Heart Association are too numerous to mention, but it is excellent information for our students. Be sure to ask for the American Heart Association's "Heartbook;" it is a wonderful hardbound reference book to have in your school library.

"TAKE HEART, TAKE PART"

Please send your inquiry to the Montana Heart Association, 510 First Avenue North, Great Falls, Montana 59410.

Best wishes to you for this school year!

DIANE CROMER, MAHPERD JRFH COORDINATOR

JUMP ROPE FOR HEART

American Heart Association

PEPI News

The purpose of PEPI (Physical Education Public Information) is to win widespread popular support for physical education programs. School systems all over the country are facing tightened budgets; PEPI's mission is to convince the public that physical education programs must not be cut. If most Americans believe that physical education belongs in the basic curriculum, our programs will have the support necessary for continued strength and growth.

PEPI's message is clear: physical education makes a vital contribution to *every* person. To the professionals in our field, this is obvious; but to much of the general public, it is not. By awakening the public to the New Physical Education, PEPI can create positive attitudes and overcome prejudices.

PEPI Coordinator. At the MAHPERD spring board meeting, Emilee DeKam was appointed to replace Roger DiBrito as PEPI Coordinator. Many thanks to Roger, who has served MAHPERD in this capacity for the past several years!

JRFH Coordinator. One function of PEPI is the *Jump Rope for Heart* event. Dianne Cromer will assist PEPI in the capacity of JRFH Coordinator for the 1983-84 event. In July, Dianne represented MAHPERD and Gloria Trueman represented the Montana Heart Association at a National JRFH Workshop at AAHPERD headquarters in Reston, VA.

MHA Annual Board Meeting. On May 6, 1983, Emilee DeKam and Dianne Cromer attended the banquet of the Annual Meeting of the Montana Heart Association. The guest speaker was Dr. Basil Williams of Ogden, Utah. Dr. Williams was the principal investigator of the Beta-Blocker Heart Attack Trial. He has been involved in years of long-range research on heart attacks. It was so rewarding to hear his talk and to know that through *Jump Rope for Heart* we are a part of the tremendous amount of research that is in progress. We shared information on the *Jump Rope for Heart* event with the group. Emilee was selected to serve as a MAHPERD member on the Board of Directors for the coming three years.

HONORS: Montana and NW District Physical Educator of the Year, 1982-83. Bob Docktor was named Physical Educator of the Year 1982-83 for Montana and also the Northwest District. Bob received national recognition at the NASPE Awards Banquet at the 1983 AAHPERD Convention in Minneapolis.

The Physical Educator of the Year award was initiated this year by the National Association for Sport and Physical Education in order to give recognition for good teaching and to promote quality physical education prorams. NASPE defined five criteria for this award:

1. serves as a positive role model epitomizing personal health and fitness, enjoyment of activity, sportsmanship, and sensitivity to the needs of students.
2. utilizes various teaching methodologies and plans innovative learning experiences.
3. conducts a balanced and sequential curriculum.
4. assumes responsibility for his/her professional growth.
5. evidences professional commitment through membership and involvement in local, state, and national physical education organizations.

Each state selected a Physical Educator of the Year and this state award recipient then became a nominee for the honor at the district level. Bob is currently teaching physical education at Helena High School. One of his outstanding achievements has been the development of Project Adventure at that school. A presentation of the Project was made during the National AAHPERD Convention in Minneapolis, April 7-11, 1983. ***Congratulations, Bob!***

Call for Nominations. This year NASPE will be sponsoring both an elementary and secondary Physical Educator of the Year award. Please submit the names of your nominees for these honors to Emilee DeKam, Box 13 Pinecrest, Clancy, MT 59634. Please respond soon. Application forms will be sent to those responding. Completed applications will be due back by November 15. Applications will also be available at the MAHPERD Convention.

National/Montana Sport & Physical Education Week will be proclaimed for March 1-7. During that week, physical educators are urged to have special projects and events in their schools and communities to bring special public awareness to the importance of physical education programs. We need to sell our product, so here's your chance. Information and suggestions will be available at the MAHPERD State Convention in Bozeman.

Identify for Recognition. MAHPERD would like to identify outstanding programs or unusual units or events being conducted within the Montana schools. If you are involved in a special program or have knowledge of one, please drop a note to the PEPI Coordinator, Emilee DeKam, Box 13 Pinecrest, Clancy, MT 59634. Thanks for your help!!

MAHPERD Convention Includes Hosaeus Building Dedication

The 1983 MAHPERD convention schedule will include the official dedication of the Marga Hosaeus Physical Education Complex. Marga Hosaeus came to Montana State University in the 1940's where she served as coordinator of the women's physical education program until the early 1970's. Marga quickly became active in the Montana Physical Education Association serving as president, secretary, convention manager, publications chairperson, and chair of the hospitality committee. During her presidency, she started and served as editor of the organization's official publication then known as the *Springboard*.

It is a **very special** occasion for Marga, for MAHPERD and for the many friends and colleagues of Marga's and alumni of MSU. We hope that as many of you as possible will attend the dedication which will be held Thursday, October 20, at 12:15 p.m. immediately following the First General Session. The dedication will include words from the President of MSU, Dr. William Tietz; the President of MAHPERD, Herb Agocs; and Dr. Ellen Kreighbaum, Acting Department Head of HPER. A no-host luncheon will be held in the Strand Union Building at 12:45, immediately following the dedication.

MAHPERD Convention in Bozeman

The annual MAHPERD convention is scheduled for Thursday and Friday, October 20 and 21 on the campus of Montana State University. Registration will be in the lobby of the West gym of the newly named Marga Hosaeus Physical Education Complex located across from the old Romney Gym beginning at 8:00 a.m. Thursday.

The proposed program (see attached schedule of offerings) this year is featuring Dr. Chuck Corbin, renowned authority on physical fitness (see special article). Also included will be opportunities to observe Bobcat practices in Women's basketball, volleyball, gymnastics and track, men's basketball, wrestling, football and track. A special evening of dining (Bar-B-Q chicken) and dancing is set for Thursday evening following the convention sessions at Little John's Cowboy Bar --- come in your jeans and kickers.

The convention will conclude Friday afternoon with a special "Superstars" competition for any and all convention-goers. Everyone is urged to take part in this strictly for fun type of team rivalry.

Please note the attached pre-registration form. Early registration will speed up your processing and be a great aid to the registration team.

M A H P E R D C O N V E N T I O N

OCTOBER 20, 21, 1983
MONTANA STATE UNIVERSITY
BOZEMAN, MT 59717

NAME_____
last first

School or Business Affiliation_____

Home Address_____
Street City Zip

REGISTRATION FEE (Includes Thursday dinner) $10.00
Additional Thursday Dinners @ $5.50 _____

1983-84 MEMBERSHIP FEE PROFESSIONAL ----- $5.00

STUDENT ---------- $3.00 _____

TOTAL _____

Make all checks payable to MAHPERD -- Receipts on request

Return to: MAHPERD
Dept. Health, Physical Education and Recreation
Montana State University
Bozeman, MT 59717

CORBIN TO GIVE PRE-CONVENTION SEMINAR

Chuck Corbin, MAHPERD Convention featured speaker is scheduled for a two hour seminar on Wednesday afternoon, October 19, on the Montana State University Campus. (see Corgin feature) The seminar will begin at 4:00 PM. As of this date no lecture hall has been assigned. Interested individuals are asked to call the Health, Physical Education and Recreation Department (406-994-4001) for final details. Dr. Corbin is known for his work in the field of physical fitness and methodology and will be discussing self-confidence of females in sports.

MAHPERD SNOW FLAKE-OUT SET FOR FEBRUARY

The third annual Snow Flake-out for MAHPERD members and their families is slated for the weekend of February 25 and 26, 1984. The past two Winter weekends have been extremely successful in terms of good snow conditions and sociability.

The weekend activities are available for both downhill and cross country skiers with some members alternating days for each. In the past, cost for lifts, trail fees and rentals have been at half price offering a relatively inexpensive weekend. Also available are private and group lessons. The social gathering is slated for Little John's in downtown Bozeman.

Look for details and pre-registration material in the January MAHPERD Newsletter.

DISPLAY SPACE AVAILABLE AT MAHPERD CONVENTION

Businesses, agencies and/or private individuals desiring to display materials at the MAHPERD Convention to be held October 20, 21, 1983 in Bozeman Should contact Mr. Herb Agocs, Health, Physical Education and Recreation Department, Montana State University, Bozeman, MT 59717, as early as possible. Space is limited and will be distributed on a first come basis.

DR. CHUCK CORBIN TO BE FEATURED MAHPERD CONVENTION SPEAKER

Dr. Chuck Corbin, best known for his book Fitness for Life: Physical Education Concepts, will be the featured speaker at the MAHPERD Convention to be held on the Montana State University Campus, October 20, 21, 1983. Dr. Corbin will speak at the first general session, a section session and also a pre-convention seminar Wednesday, October 19, at 4:00 PM. Topics will include "One Person Can Make the Difference," "Teaching Fitness for Life in Schools" and "Self Confidence of Females in Sports".

A Professor in the Health, Physical Education and Recreation Department at Arizona State in Tempe, Corbin received his PhD from the University of New Mexico and has had teaching and research experiences in a variety of colleges and universities including Penn State University, Kansas State University and Texas A & M.

Besides Fitness for Life, Dr. Corbin has written numerous other books and publications dealing with fitness, motor learning, philosophy in P.E. and athletics, and ergogenic aids and muscular performance. He is a well known presentor at national and regional conventions and workshops and has received the AAHPERD National Honor Award.

MAHPERO CONVENTION 1983

Thursday, October 20, Bozeman, MT

9:00 - 9:50 - MOUNTAIN CLIMBING IN CHINA - Pat Callis, MSU

- BASIC STUFF, WHAT IT IS, HOW ARE OTHERS USING IT - Tom Nielson, MSU

- PEPI, WHAT'S HAPPENING IN MONTANA - Emilee DeKam, Helena

- STRESS HEALTH MANAGEMENT BIOFEEDBACK RELAXATION - Chuck Lawe, MSU

- A STRETCHING PROGRAM FOR PHYSICAL EDUCATION (PE OANCE) - Kay VanNorman, MSU

- STUDENT SECTION

10:00 - 12:00 - GENERAL SESSION BUSINESS MEETING - Chuck Corbin, Arizona St., "Helping Dreams Become Realities (See Special Feature)

12:15 - 12:45 - DEDICATION OF HOSAEUS PHYSICAL EDUCATION COMPLEX (See Special Feature)

12:45 - 1:30 - LUNCH BREAK

- HANDBALL, RACQUETBALL COURTS, TENNIS COURTS AVAILABLE THROUGH INTRAMURALS AND RECREATION DEPARTMENT, ROOM 114# PEC

1:30 - 2:20 - VOLLEYBALL SKILLS, BEGINNING

- P.E. CRICKETT - Gary Dalton, Helena

- ADOLESCENTS AND CHEMICALS - Judy Griffiths

- CLASSROOM DISCIPLINE - Dan Peterson, EMC

- PHYSICAL EOUCATION THROUGH MODERN OANCE - Rozan Pitcher, MSU

- PROJECT ADVENTURE A FOLLOW-UP - Bob Doktor, Helena

2:30 - 3:20 - VOLLEYBALL SKILLS, INTERMEOIATE

- ONE PERSON CAN MAKE A DIFFERENCE - Chuck Corbin, Ariz. State

- STRENGTH DEVELOPMENT IN NOVICE FEMALES - Craig Stewart, MSU

- CLASSROOM DISCIPLINE - continued

- TEACHING, VERBAL & COGNITIVE RESISTANCE TECHNIQUES TO A 6TH CRADE POPULATION - Michael Hammes, EMC

- MARTIAL ARTS - Greg Olson, MSU

3:30 - 4:20 - A LONGITUDINAL REPORT OF H.S. ATHLETIC WEIGHT TRAINING PROGRAM - Walt Kelly, Bozeman

4:30 - 6:00 - VARSITY PRACTICE VISITATION FOR MEN AND WOMEN'S GYMNASTICS, WOMEN'S VOLLEYBALL, FOOTBALL, WRESTLING AND TRACK

6:00 - - CONVENTION NO HOST COCKTAIL HOUR, DINNER, COWBOY DANCE - Little John's, HIPSHOTS

FRIDAY - OCTOBER 21, 1983

9:00 - 9:50 - GROUPING IN ELEMENTARY P.E. - Jim Phillips, Jim Carter, MSU

10:00 - 12:00 - GENERAL SESSION BUSINESS MEETING - "Mission Possible"

12:00 - 1:00 - LUNCH BREAK

- EXECUTIVE BOARD MEETING

1:00 - 1:50 - WEIGHT TRAINING FOR STRENGTH IN ATHLETICS - Rocky Gullickson, MSU

- CROSS COUNTRY SKI CONDITIONING - Mavis Lorenz, UM

- TEACHER BURNOUT

- YOUTH SPORTS AND COACHING - Jim Phillips, MSU

- INTRAMURAL SPORTS - PLANNING FOR THE FUTURE - Robert Kallina, EMC

2:15 - - JUST FOR THE FUN OF IT -- SUPER STAR COMPETITION -- BRING YOUR TEAM OR MAKE ONE UP - COED

ACCOMMODATIONS GUIDE for Bozeman

BEST WESTERN CITY CENTER MOTEL, 504 West Main. 68 units, supper club and lounge, cafe across street, indoor and aqua pool, meeting rooms (40 & 70 cap.), airconditioned, color TV, suites. 587-3158

CONTINENTAL MOTOR INN, 1324 East Main. 61 units, cable TV, airconditioned, near recreation area, queen-size beds, ample parking. 587-9231

FRIENDSHIP INN RAINBOW MOTEL, 510 North 7th. 43 units, AAA, in-room coffee, airconditioned, headbolt plug-ins, thermostatically controlled heat, heated outdoor pool, 5 kitchenettes, TV-some color, cafe one block. 587-4201

HOLIDAY INN OF BOZEMAN, 5 Baxter Lane. 182 units, ski equipment room, meeting rooms (4 - cap. 250), indoor heated pool, saunas, color TV, large lobby with fireplace, courtesy car. 587-4561

IMPERIAL 400 MOTEL, 122 West Main. 36 units, outdoor pool, airconditioned, color cable TV, new furnishings, heart of downtown Bozeman. 587-4481

INN OF BOZEMAN (Formerly Ramada Inn), 1325 North 7th. 104 units, restaurant & lounge, indoor pool, sunken fireplace in pool area, color TV, banquet facilities, meeting rooms for 275, courtesy car. 587-5261

RANCH HOUSE MOTEL, 1201 East Main. 16 units, reasonable rates, cable TV, family restaurant nearby, skiers welcome, special group rate in winter, individual heat. 587-4278

ROYAL 6 MOTEL, 310 North 7th. 41 units, TV-HBO, airconditioning, hot water heat, kitchenettes, two restaurants nearby. 587-3103

SUPER 8 MOTEL, 800 Wheat Drive, I-90 exit. 60 units, color TV-HBO, airconditioned, room telephones, game room, budget rates, restaurant next door. 586-1521

THRIFTY SCOT MOTEL, 1321 North 7th. 80 units, thrifty single, standard single, doubles, and ski suites. Low rates include color TV-HBO, telephone with local calls free, 24-hour desk, hot water heat, airconditioned, free continental breakfast, major credit cards accepted. 587-5251
Free Reservations 1-800-228-3222

TOPPER MOTEL, 1235 North 7th. 46 units, outdoor pool, sauna, restaurant, lounge, airconditioned, color cable TV, banquet facilities (60). 587-3176

ECONOLODGE, 2307 West Main. 22 rooms in winter, 80 in summer, 2 three bedroom kitchenettes, indoor heated pool, sauna, game room, restaurant across street, family rates, color cable TV, hot water heat. 587-5241

SUNSET MOTEL, 810 North 7th. 13 units in summer, 10 units in winter, airconditioned, color cable TV, two restaurants nearby. 587-5536

SUNRISE CAMPGROUND, 31842 Frontage Road. Level pull-through sites, close to all city services. 587-4797

BOZEMAN HOT SPRINGS KOA CAMPGROUND, 133 Lower Rainbow Road. Shade, grass, hook-ups, hot showers, indoor hot springs pools on grounds. 587-3030

BEAR CANYON CAMPGROUND & R.V. PARK, 4000 Bear Canyon Road. 100 RV & tent sites, hook-ups, heated pool, camp store, hot showers, laundry facilities. 587-1575

LEWIS & CLARK MOTEL, 824 West Main. 586-3341

QUESTIONS MOST COMMONLY ASKED BY PARENTS AND THE PUBLIC

PEPI Project Concepts

QUESTION

I. What is a physically-educated person?

CONCEPT

The physically-educated person is one who has acquired knowledge and skills and appreciations concerning his/her body and how it works, and then because of the positive attitude he/she has developed toward movement, he/she is motivated to use these skills for a happy, productive life.

RATIONALE

To become physically educated for today's society, each and every individual must be exposed to meaningful, relevant, personalized experiences that will help him/her cope with the complexities that account for present day life styles. The physically, emotionally, and intellectually weak person cannot adapt readily to environmental changes and pressures in a fast-changing value structure that describes today's society. Physical educators should be concerned about helping to produce a *quality* of life and to place the major emphasis upon *human values*.

Compared to past generations, most students today have evolved a value system that is more humanistic, present oriented, and highly idealistic. They demand relevant, first-hand experiences in order to move towards goals of self-realization.

The very basis for efficiency and well being begins with *all* aspects affecting the physical self. The moving, thinking, feeling individual denotes a quality of wholeness that affects living, learning, and loving. The individual who likes himself/herself and is happy with what he/she is, is better able to relate to others. Skill development enhances self-satisfaction. The school must assume full responsibility for a program that will ensure the child's all-around physical behavior and development.

Self-revealing knowledge and skills are expressed in physical education by three broad categories, all of which are interrelated.

1. The self as it develops and functions biologically, physiologically, psychologically -- the *PHYSICAL SELF*.
2. The self as it learns to move effectively and efficiently -- the *MOVING SELF*.
3. The self as it learns to adjust and cope with itself, others, society, and environment -- the *PERSONAL SELF*.

1. *THE PHYSICAL SELF*

Because a healthy, powerful, vigorous individual is better able to sustain environmental forces and meet life's challenges, his/her physical activity becomes a primary, major requirement.

Strength, cardiorespiratory endurance, muscular endurance, flexibility, agility, and coordination characterize the action or movement-oriented individual -- one who enjoys vigorous physical activity and who can resist the effects of stress more effectively.

Knowledge and practice of weight control, stress control, proper nutrition, proper safety and health practices, and prevention of heart disease are vital to one's life. Physical activity provides the basis for acquiring and maintaining these vital functions. This individual knows how to bring about desirable physical changes in his/her body. He/she understands how best to develop strength, endurance, flexibility, etc. A state of physical fitness makes all lifetime activities more worthwhile.

2. *THE MOVING SELF*

The physically-educated person has learned to move effectively and efficiently at all levels. The skills he/she acquires have fitted him/her for a lifetime of enjoyable movement experiences whether it be sports, leisure-time activities, or personally-satisfying daily movement patterns. The physically-educated person has developed an appreciation of the "*joy in movement.*" His/her movement education follows a developmental sequence -- each level building on the former level. Each individual does not necessarily pass through each level per se. He/she may overlap several levels.

1st Level: The young child should acquire basic movement capabilities such as bending, twisting, swinging, pushing, pulling, and grasping. He/she should achieve a sensitivity to feelings of body awareness in space and learn to handle the concept of time and force.

2nd Level: Then the child can combine basic capabilities into more complex movement skills such as crawling, walking, running, jumping, hopping, climbing, sliding, striking, catching, and throwing.

3rd Level: Each person should understand and acquire elements of movement that deal with coordination, agility, balance, flexibility, rhythm, speed, timing, and direction changes.

4th Level: Not only should the individual develop skills of movement, but he/she should also acquire a knowledge and understanding of how and why one moves and the ways in which movement is organized. He/she should understand Newton's Laws of Motion and the principles of leverage as they relate to human movement.

5th Level: The basic movement skills can be used as a basis for learning individual skills for all the many games, sports, dances, gymnastics, and aquatics that are included in a good physical education program. The physically-educated individual should develop reasonable skill in several lifetime sports, essential in at least one. His/her leisure-time education should be closely related to physical education.

6th Level: The physically educated individual learns to control his/her body for purposes of relaxation. He/she learns to recognize tension, stress, and anxiety, and to eliminate it through conscious effort. This physical skill is important for coping with stress in today's society.

3. *THE PERSONAL SELF*

The physically-educated person has become fully aware of himself/herself and how he/she can express himself/herself in and through movement experiences. He/she has developed a "*physical personality*" that appreciates physical activity and can express joy and satisfaction in movement experiences like games, sports, dance, and play activities. He/she has learned *how* to play and has become self-initiating so that he/she can reap all the benefits. He/she has learned to communicate and express himself/herself through non-verbal channels. He/she recognizes beauty and artistry in human movement as it expresses form, rhythm, harmony, and mood.

The truly physically-educated individual has accepted the encouragement to create new, original forms of movement. His/her movement habits help him/her to adjust to, adapt to, and recover in an ever-changing environment. He/she appreciates the role of all kinds of movement forms in dance, sports, and culture, and their

meaning in society.

Most of all, he/she has experienced *fun* through physical activity. Sometimes activity isn't exactly "*fun*," but the basic satisfaction of meeting and overcoming the challenge of physical and emotional adversity is satisfying and basically motivating. He/she enjoys wholesome play and identifies play with creativity, companionship, challenge, and confidence. He/she embraces a personal philosophy that includes a lifetime of activity.

True harmony of movement knowledge, movement sensitivity, and movement competence represents the physically-educated individual -- equipped to live life to its fullest.

QUESTION

II. Why is it important that my child have physical education in school?

CONCEPT

Physical activity can provide good physical and mental health insurance.

RATIONALE

The physical self thrives on vigorous activity from babyhood until old age. All the body systems function more efficiently when skeletal muscles are active and remain active. Physical activity makes people "*feel better*" and even though there may be no significant changes in fitness measures, the *sensation* is there.

1. *CIRCULATING EFFICIENCY*

   Vigorous physical activity improves the functioning of the heart and blood vessels. The heart becomes stronger, the pulse rate slower, blood supply increased, and recovery quicker following exercise. When a person exercises continuously, eventually his/her breathing becomes deeper and slower, supplying more oxygen for the blood and to the muscles, thus delaying fatigue; exercise pushes back the barriers of fatigue.

   A strong heart is less likely to fail under stress of various types. It is important that school children as well as adults take part in physical activity daily that makes them huff and puff. Research shows that people who work in active occupations have a lower incidence of heart disease and have a better recovery rate.

2. *ORGANIC FUNCTIONS*

   Liver, kidneys, and adrenal functions are essential to digestive process. Exercise minimizes problems of constipation, etc. A fit person recovers faster after sickness and/or surgery.

3. *BODY DEVELOPMENT*

   Whereas heredity determines the potential physical body type as early as the 6th or 7th year, we do know that physical activity or exercise plays an important role in the total development of that potential. Physique is influenced to some extent by the amount and type of exercise performed. Desirable changes in bone, connective tissues, fat, and muscles occur as a result of exercise. Please note that these changes are not necessarily permanent, but are dependent upon *continued* activity.

4. *WEIGHT CONTROL*

   There is a relationship between obesity and underactivity, and obesity is one of the major health problems in America. A program of regular exercise will increase calorie expenditure and if there is a reduction of calories coming in through a restricted diet, excessive weight can be controlled. Everyone needs to know what percentage of his/her body is fat. Fourteen percent (14%) body fat seems preferable as a norm for men and 20% for women, regardless of age. Physical activity or exercise on a regular basis then: (1) burns up more calories, (2) reduces amount of body fat, and (3) maintains a better calorie balance and also increases BMR (basic metabolic rate). BMR goes up during exercise and stays up 4-5 hours during post-exercise period. Appestat is more effective.

5. *MUSCLE TONE AND FLEXIBILITY*

   Regular exercise improves muscle tone, keeps muscles elastic, and improves joint flexibility resulting in a strong, flexible body. When muscular work is performed against an overload, muscular endurance improves and more work can be accomplished whether it is in sports or in a job.

6. *POSTURE*

   A strong, flexible body is the basis for a feeling of correct posture and provides the framework for maintaining good body structure. The body has to wage a constant battle against gravity. Yielding to this force produces a protruding abdomen and lower back pains. Strong muscles help to prevent these conditions. Exercise produces sufficient muscle tone to encourage good body structure.

7. *STRESS AND TENSION CONTROL*

   It is possible to teach an individual to recognize the presence of excessive muscle tension and to recognize the absence of that tension upon relaxing of the tension. Kinesthetic perception is enhanced when physical educators teach students to "*feel*" or sense. We need to teach individuals not only to think, but to "*monitor*" their bodies.

8. *MENTAL HEALTH*

   One of the most important contributions of physical education in today's society is the potential it offers for good mental health. We need to examine the influence which physical activity may have in relaxing tension and psychological stresses of people in a complex, pressurized society. There is continuing evidence which seems to be pointing toward tension as a stress agent and a major factor in coronary heart disease and a broad range of functional and organic disorders.

   Psychiatrists tell us that the person who participates regularly in sports is better adjusted. He/she is better able to meet crisis situations. For the mentally ill, psychiatrists are finding that participation in sports helps promote recovery. They become interested in something outside of themselves. Do not all people need the same outlet?

1984
OLYMPIC SCIENTIFIC CONGRESS
July 19 - 26, 1984

SCIENTIFIC PROGRAM

DISCIPLINARY MEETINGS

- Papers will be given in the disciplinary areas of: • biomechanics • kinanthropometry • sports medicine • motor control • motor development • motor learning • sport psychology • anthropology of play • sport history • sport pedagogy • sport philosophy • sport sociology • sports facilities and equipment • sports information and documentation • sport programs

LAY SEMINARS

- Presentations will be offered on thematic and interdisciplinary topics by: • former Olympic athletes • collegiate and professional coaches • business and government officials • internationally recognized personalities

INTERDISCIPLINARY SESSIONS

- Presentors will discuss interdisciplinary issues and concerns in sport, health and well-being focusing on: • environmental factors • human genetics • aesthetics • aging • elite performers • gender • politics • health and nutrition • recreation and leisure • aggression and violence • competitive sport for children and youth

THEMATIC ADDRESSES

- International speakers will be invited to present thematic keynote addresses on: • the Health and Fitness Revolution • Peak Experiences and Peak Performances • the Future of Sport and Future of the Olympic Games

ASSOCIATIVE PROGRAM

- CASS Symposium on the Training and Preparation of Elite Athletes
- FIMS Symposium on Sports Medicine
- Northwest District AAHPERD †
- United States Military Symposium on Fitness
- USOC Education Council/Arthur H. Steinhaus Scientific Lecture
- International Symposium on the Scientific Aspects of Dance
- International Symposium on Sports and the Mass Media
- International Symposium for Music Education International Conference
- United States Sports Academy Symposium on Sports Management and Promotion
- University of Oregon Summer School Program
- American Medical Joggers Association Annual Meeting
- USA Field Hockey Super Clinic IV

SPECIAL EVENTS

- Family Vacation College • Northwest Open Senior Sports Festival • Congress Exhibition of technical laboratories and publishers • Oregon Special Olympics • 8K road race • SKOAL International Film Festival

CULTURAL FESTIVAL '84

- Fine arts featuring a bronze exhibit "Essence of Movement: A Series of Elite Performers"
- Performing arts featuring evenings of vocal, instrumental and dance productions

GENERAL INFORMATION

REGISTRATION FEE

- $165.00 U.S. dollars postmarked on or before March 15, 1984
  $195.00 U.S. dollars postmarked after March 15, 1984
  $ 65.00 U.S. dollars for University of Oregon Summer School students
- Registration fee includes admittance to Scientific Program and selected Associative Programs • Opening and Closing ceremonies • three dinner socials • the Congress Exhibition • airport transfers • daily shuttle bus service • abstracts for one disciplinary and interdisciplinary area of choice • one bound volume of keynote proceedings • break and refreshment services.

CALL FOR PAPERS

- Persons wishing to present an original paper for disciplinary meetings or interdisciplinary sessions must submit an abstract by October 15, 1983.
- Abstract submitted should be typed, double spaced, no more than 350 words and written in English.
- For further information detach and return the Information Request form (at bottom) to the Olympic Scientific Congress or contact the affiliated disciplinary association.

(detach here)

INFORMATION REQUEST

I am interested in:

☐ attending the Congress
☐ presenting a paper
proposed topic:

_____

_____

Please send:

☐ registration form
☐ sample abstract form
☐ detailed brochure
☐ brochure translation
☐ Spanish ☐ French
☐ German ☐ Other_____

DISCIPLINARY ASSOCIATIONS

Please check ☐ the group with which you are affiliated:

☐ ISB, ISBS, ASB	☐ ACSM
☐ IWGK (ICSSPE)	☐ PCPFS
☐ NASPSPA, ISSP	☐ TAASP
☐ HISPA, NASSH	☐ PSSS
☐ AIESEP, FIEP, ICHPER	☐ IAKS
☐ NASSS, ICSS	☐ IASI
☐ NON-AFFILIATED	☐ OTHER_____

Sport • Health • Well Being

1984
OLYMPIC SCIENTIFIC CONGRESS
SPORT • HEALTH • WELL BEING
An international sport and scientific conference
held in cooperation with the United States Olympic Committee
and the 1984 Summer Olympic Games.
JULY 19 - 26, 1984
UNIVERSITY OF OREGON
EUGENE, OREGON

1984 Olympic Scientific Congress
United States Organizing Committee
1479 Moss Street • Eugene, OR 97403

Sport • Health • Well-Being

1984
OLYMPIC SCIENTIFIC CONGRESS

Mailing Address

Dr. Dan G. Tripps, Executive Director
1984 Olympic Scientific Congress
1479 Moss Street
Eugene, Oregon 97403
Telephone: (503) 686-4114
Telex: 5105970354

The 1984 Olympic Scientific Congress is presented under the patronage of UNESCO, with the sponsorship of International Council of Sport Science and Physical Education, United States Olympic Committee, International Council on Health, Physical Education and Recreation, American Alliance for Health, Physical Education, Recreation and Dance, and University of Oregon College of Human Development and Performance.

1984
OLYMPIC SCIENTIFIC CONGRESS
SPORT • HEALTH • WELL-BEING

Please Print NAME: Ms. Mr. Dr. Prof. Surname First Name Initials

Street Address

City State Zip Country

( ) ( )
Work Phone Home Phone

What is MAHPERD?

MAHPERD is an association of Montana teachers, administrators, coaches and students involved in health education, physical education, recreation, dance, athletics, intramurals, adapted programs and related areas.

Who joins MAHPERD?

Elementary, secondary and university teachers and administrators join MAHPERD as well as community recreation and dance personnel.

How is MAHPERD organized?

MAHPERD is headed by a President, elected annually, and an Executive Board made up of and elected by its membership. MAHPERD's strength is in its membership and in the strong leadership its members provide.

When does MAHPERD meet?

MAHPERD meets in conjunction with its annual state convention in the fall. The state convention provides the very best possible workshop sessions available in Montana. The Executive Board meets periodically at other times during the year to carry on association business.

Why join MAHPERD?

—Hosts Annual State Convention

—Sponsors workshops for teachers

—Prints and distributes **MAHPERD Journal**

—Sponsors annual "Jump Rope for Heart" with Montana Heart Association

—Presents Honor Awards to outstanding members

—Presents service awards to organizations making contributions to the profession

—Gives members a unified voice and representation

—Provides a method of communication statewide

—Provides teachers and schools with promotional ideas and information for health and physical education

—Promotes Montana Physical Education and Sports Week

—Coordinates activities between the national association, northwest district and the state

—Represents membership in educational matters involving the state Legislature and State Board of Education

---

Montana Association for Health, Physical Education, Recreation and Dance

Membership Application Form

Mr.
Ms. _____ _____

(Print) Last First Middle Initial Home Phone Business Phone

Home Address: _____

Street City State Zip Code

Business Address: _____

School or Agency City State Zip Code

Type of Membership (check one): Professional _____ ($5) Student _____ ($3)

Make check payable to: MAHPERD

Detach and mail to: Helen Chrest, MAHPERD Treasurer, Box 179, East Helena, MT 59635.